

Yearly Activity Report 2018



We cannot teach people anything. We can only help them discover it for themselves. Galileo

Contents

QuestTrek	3
I. Screening and Introduction	4
II. QuestTrek Summary	4
QuestTribes.....	5
Wrap-up Trainings	6
I. Personality Development	6
II. Presentation and Communication Skills	7
III. Life Skills Training.....	7
IV. Psycho Education	7
v. Job Searching Skills	7
Field Visit for Aventus School	7
I. Pashupatinath Temple	7
II. Khagendra and BIA.....	8
Sports Day (PlayTribe)	8
Trainings for freelancers and coach	Error! Bookmark not defined.
I. Freelancers Training	8
II. Core Team Building Training.....	10
III. Trauma Healing Training.....	10
Annexes	11
Annex 1: List of the participants (Nepalese) who joined the QuestTreks in 2018.....	11
Annex 2: Activities and Planning.....	13

QuestTrek

Mountain Child Care organized 4 QuestTrek in April/May 2018 and 2 QuestTrek in November/December 2018. The list of youth who attended our QuestTrek in 2018 is listed as Annex 1. The background information of our partner organization that we worked in 2018 is listed below:

- i. Child Catamaran Center Nepal and Mountain Child Care has been working together since 2012 and it is a trusted partner organization that works with former street children. It was established with the objective of rehabilitating and reintegrating street children by providing them formal and informal education, vocational training and life skills trainings.
- ii. Ester Benjamin Memorial Foundation and Mountain Child Care have been working since 2013, it works for the children who had been trafficked to India or displaced and put in a vulnerable situation.
- iii. The Umbrella Organization and Mountain Child Care have been working together since past six (6) years. The Umbrella Organization is a children home, which was established in response to the growing number of illegal children home in Nepal with the aim of providing basic rights to the children.
- iv. Mountain Child Care and SOS Bainsi Nepal has been working together since past three (3) years and it is a trusted partner organization that works to prevent and alleviate worse forms of violence, abuse and exploitation of children, girls and women in Nepal. It was established with the objective to educate, protect and empower our beneficiaries and help them to live a life in a safety and with dignity.
- v. Shangri-la Orphanage Home (SOH) is another reliable partner organization to Mountain Child Care which was established in 1998 AD with sole motive of supporting the orphan and the underprivileged children from different parts of the country. It also provides family support focusing on the education of its beneficiaries.
- vi. Blink Now and Mountain Child Care has been working since 2016 and it works for the children by providing quality education and safe environment.

I. Screening and Introduction

Youth coaches from Mountain Child Care visited the mentioned organizations before the QuestTrek for 1st Introduction Programmes where the youth were introduced to the programmes of Mountain Child Care–the QuestTrek, and the QuestTribe–The follow-up programme starts within a month after the QuestTrek and is made up of six days – QuestTribes. QuestTribes is the safe learning community in which Nepalese youths continue to learn after the QuestTrek and start realizing their Personal Development Plan and thus their potential.

After taking in account their commitment towards our programme, we invited them for 2nd Introduction where the Nepali participants met the Dutch participants and trekking gears were handed out to everyone.

II. QuestTrek Summary

QuestTrek is a six-day hike, through the Himalayas. Nepalese teenagers without parents and foreign participants_aged 16–23 years go hiking in search of their special talents. Accompanied by a skilled staff, everyone carries their own backpack and develops and completes their own personal development plan. The follow-up programme, QuestTribes, is the safe learning community in which Nepalese participants continue to develop and start realizing their Personal Development Plan and thus their potential. QuestTribes consists of six interactive and bonding group coaching days in which the youths can focus on their personal goals. The one year personal leadership programme gives these youth the capability to make their talent work after leaving their shelter homes. The QuestTrek Kit explains how interested young adults can apply and make the QuestTrek possible for the Nepalese participants. For foreign participants the intense encounter with oneself, the Nepalese youths and the totally different culture, the QuestTrek is a life changing experience. During the six days of hike, there are important processes which are based on theory U:

- Open Mind: access our intellectual/IO
- Open Heart and: access our emotional intelligence
- Open Will: access our authentic purpose and self

Mountain Child Care organized 4 QuestTrek in April/May 2018 and 2 QuestTrek in November/December 2018 in Helambu and Panchase. The list of Nepalese youth who attended our QuestTrek in 2018 is listed as annex 1.

QuestTribes

After QuestTrek, Mountain Child Care provides Questtribe as follow-up program which is the safe learning community in which Nepalese youths continue to learn after the QuestTrek and start realizing their Personal Development Plan and their potential. QuestTribes is the final part of Mountain Child Care's Personal Development Programme.

QuestTribes consists of six interactive, attractive and bonding group coaching and training days in which the youths can focus on their personal goals they found and set during their QuestTreks. Each QuestTribes day is separated by six weeks learning time in which the youths work on assignments, challenges or inquiries that they are given during each QuestTribes day. In this way the youths can work on their personal goals and can 'practice' and evaluate in real life. Each QuestTribes day contains a variety of activities regarding the implementation of the 5-years plan. Every day has a specific theme and goal:

The programme describes six QuestTribes days.

QuestTribes	Goal	Theme
QuestTribes Day 1	Commitment	Commitment to your goals and your QuestTribe
QuestTribes Day 2	Setting priorities and learning how to work solution focused	Self-Confidence & dealing with obstacles
QuestTribes Day 3	Make your goals concrete	Setting clear goals
QuestTribes Day 4	Life skills and time management	Self-Management
QuestTribes Day 5	Learning job searching techniques and creating a network	Making talent work
QuestTribes Day 6	Learning how to present yourself in front of a mass by hosting an event and your future plans to the people those are important for you	Presenting your future plan

Wrap-up Trainings

Trainings are part of old follow-up program provided to the youth after the QuestTrek. The trainings were provided in order to keep track of the process of development of youth and to help them apply the lessons learnt about life and plans made by themselves during the QuestTrek in their practical life. Various soft skill-based trainings along with coaching sessions were organized for the participants. The wrap-up training was designed for the old participants, who went to the QuestTrek before QuestTribe was introduced, in order to close and complete the old follow-up program. The training was designed and completed within 2 days under different topic as discussed below:

I. Personality Development

Personality development is the overall development of the organized patterns of behaviour and attitudes that makes a person distinctive. This training helps them to: get to know them-selves better, keep a positive mind and body, find out what their aim in life is and, formulate 3 action steps towards that aim.

II. Presentation and Communication Skills

Presentation and communication skills are basic skills youth need to have in their academic life or job life. The training is designed to discuss and learn how to make meaningful and effective communication and presentation with people with confident.

III. Life Skills Training

Life skills refer to the adaptive and desirable positive behaviour which enables individual to deal effectively with the demands and challenges of everyday life. Life skill training, as a part of follow-up training is provided to the youth so that they can learn about time management, decision making, leadership and other self-management skills.

IV. Psycho Education

Psychology has a major role in overt and covert pattern of behaviour. Psycho-education is included as a follow-up training in order to discuss about psychology, psychological changes among youth, mental illness and coping mechanism.

v. Job Searching Skills

Aside from study, the youth are need of job. In this training, the basic skills required to starting and continuing professional life such as writing CV/resume, application and job interview are discussed and practiced in the group.

Field Visit for Aventus School

Mountain Child Care organized the field visits program for the Aventus students, who came for QuestTrek last year. The main aim for this field visit was make bit more familiar with the traditions, to get to know about the cross culture, life styles and customs and simplicity of Nepal so that the students would get some idea before the Quest Trek.

I. Pashupatinath Temple

For the field visit program, the students went to Pashupatinath, It is a sacred Hindu temple that is located in the bank of Bagmati River. It is one of the oldest Temple in Kathmandu. The guide explained religious and cultural aspects of Pashupatinath temple to the students. Then they

went to the elderly home to know the situation of the old age people. Later we discussed the management for elderly people in Nepal and the management for elderly people in Netherlands. Students discussed it is normal in foreign country to send parents in the elderly home whereas it is not considered good in Nepal to send parents in elderly home.

II. Khagendra and BIA

Students from Aventus visited Khagendra and BIA center, a rehabilitation center for disabled people in Nepal. There the Dutch students learned the differences of the healthcare system in Nepal and Netherlands. This day included personal story by Krishna a patient who has been living in the rehabilitation center and visit at BIA, a training centre for disabled people.

Sports Day (PlayTribe)

Mountain Child Care organized its annual sports day event at Field Futsal, Sanepa where all the ex-participants of QuestTrek were invited for a fun filled day. This day is important for rapport building and connection with the youth. We organized light and fun games like playing tag, dodge ball, sack race etc. This is a day where all the youth from different partner organization come and build their networks as well.

Trainings for core team members and freelance youth coaches

Mountain Child Care organized various trainings to enhance the coaching skills of freelancer as well as for the coaches. Freelancers and coaches shares and learn about the coaching skills and other soft skills that are required for the coaching program.

I. Freelancers Training

All the freelancers are invited for the training to learn and understand the process and the depth of the programs and also to enhance the coaching skills. The freelance training occurs once in a month to share ideas, to learn and to enhance the coaching skills. The training programs for freelance QuestTrek coaches have been divided into 8 themes:

- a. Introduction program for QuestTrek freelancers: The aim of this day is to learn more about Mountain Child Care and our program, and to get to know each other. During the introduction we introduce the participants with various activities of the QuestTrek and

by doing and experiencing the activities they learn in a playful way about our way of working with youth.

- b. Training day 1 program: The aim of this day is to learn more about Mountain Child Care and our programmes. During `training day 1` we will introduce the participants to the first and partly to the second day of the QuestTrek. By doing and experiencing the various activities of these days of the QuestTrek the participants learn in a playful way about our way of working
- c. Training day 2 program: The aim of this day is to practice coaching skills. The `training day 2` will focus mainly on co-active coaching, reflecting and practice the exercises of the last two training days. In order to get a grounding and deeper understanding of how Mountain Child Care works.
- d. Training day 3 program: The aim of the day is deepening the exercises through intuition, sensing, open heart and trust where all the participants reflect on them and practice coaching simultaneously.
- e. Training day 4 program: The aim of this day is to experience the QuestTrek exercises and practice coaching skills. At the `training day 4` we will introduce the participants to the third and partly fourth day of the QuestTrek. By doing and experiencing the various activities of these days of the QuestTrek the participants learn in a playful way to become a QuestTrek coach
- f. Training day 5 program: The aim of this day is to experience the QuestTrek exercises and practice coaching skills. At the `training day 5` we will introduce the participants to mainly the fourth day of the QuestTrek. By doing and experiencing the various activities of these days of the QuestTrek the participants learn in a playful way to become a QuestTrek coach. The focus will be on one of the key exercises of the QuestTrek: 'the he walk of life'.
- g. Training day 6 program: The aim of this day is to experience the QuestTrek exercises and practice coaching skills. At the `training day 6` we will train the key exercises of the QuestTrek. All the freelancers will practice the exercises they have not done yet.

- h. Training day 7 program: The aim of this day is to practice the key exercise Psychodrama. Based on this exercise 'psycho-drama', the freelancers will practice their coaching skills
- i. Training day 8 program: The aim of the day is to learn about Leadership and Power of Word

II. Core Team Building Training

The founder of Mountain Child Care, Marianne, organized the team building training for the core team member on 29th/30th Nov, 2018. Marianne, organized one (1) day training for core team members and the following day with the freelancers where the coaches and freelancers learnt on how to coach the youths effectively using different techniques and tools. During these days, Marianne shared her experience of coaching and her role at Mountain Child Care. Likewise, she also guided a visualization session through which the team was able to see their self-image for their old age. Along with this, the team was curious to know more about coaching skills and how could they perform certain exercise during QuestTreks and QuestTribes. The training was effective for all the coaches and freelancers to balance and understand the limitations and boundaries with the coachee while coaching. The interaction helped coaches to see coaching tools from new perspectives. Likewise, they were able to get deeper understanding about program and their role as coach.

III. Trauma Healing Training

Trauma healing training was conducted by YogaTara, founder of Isha Institute on 23rd Nov, 2018. She is an expert in healing and therapy. The aim of this workshop was to understand traumatic situations and healing process. The workshop also helped to understand the process of how our body and brain functions together. The workshop goal was to introduce trauma, clarify what happens in the brain and behaviour with trauma or high stress states, to Introduce basic psychological "first aid", to learn tools to self-manage: knowing our boundaries, orienting, stabilizing, resourcing (body and breathe), to define the roles and responsibilities as a facilitator vs. a therapist, to recognize signs of activation/hyper-arousal and stabilization in yourself and others. The workshop training helped the coaches to understand and deal with the situations in personal and professional level

Annexes

Annex 1: List of the participants (Nepalese) who joined the QuestTrekks in 2018

S.N	Name	Organization	Gender	Dates of QuestTrek
1.	Rabin Nepali	CLEP	Male	7 - 12 May
2.	Ajay Koirala	CLEP	Male	
3.	Roshni Rai	CLEP	Female	
4.	Bimala Neupane	CLEP	Female	
5.	Bimala Magar	CLEP	Female	
6.	Alisha Tamang	CLEP	Female	
7.	Anisha Paudel	SOS Bahini	Female	16 - 21 May
8.	Anjana Bhujel	SOS Bahini	Female	
9.	Sabitri Sharma	SOS Bahini	Female	
10.	Smriti Shrees Magar	SOS Bahini	Female	
11.	Sarita Paudel	SOS Bahini	Female	
12.	Sushila Gauchan	SOS Bahini	Female	
13.	Asmita Devkota	Umbrella	Female	29 April- 4 May
14.	Sarina Gurung	Umbrella	Female	
15.	Dolma Waiba Tamang	Umbrella	Female	
16.	Junu Tamang	Umbrella	Female	
17.	Binita Sunar	CWCN	Female	
18.	Jyoti Khadka	CWCN	Female	
19.	Huma Chaudhary	Umbrella	Female	26 November - 1 December
20.	Sita Nepali	Umbrella	Female	
21.	Susma Lama	Umbrella	Female	
22.	Pabindra Shahi	EBMF	Female	
23.	Pakshyaman Tamang	EBMF	Female	
24.	Deepak Ghimire	EBMF	Male	
25.	Lila B.K.	EBMF	Female	
26.	Deepak Tamang	EBMF	Male	
27.	Urmila Raut	CWCN	Female	7- 12 December
28.	Sunita Tamang	CWCN	Female	
29.	Sabina Bhandari	CWCN	Female	
30.	Kusum Karki	CWCN	Female	
31.	Bimala Bam	Shangril-la	Female	
32.	Anuja Nepali	Shangril-la	Female	

33.	Ashok Tamang	Shangril-la	Male	28 April- 3 May
34.	Phul Maya Karki	Shangril-la	Female	
35.	Sunita Buda Magar	Shangril-la	Female	
36.	Aakash Tamang	Umbrella	Male	
37.	Nisha Rana	Blink Now	Female	
38.	Krishna Shahi	Blink Now	Male	
39.	Krishna Bogati	Blink Now	Female	
40.	Bhakta Sijali	Blink Now	Male	
41.	Pankha Singh	Blink Now	Male	
42.	Sagar Sunar	Blink Now	Male	
Total=42			M=10/F=32	

Annex 2: Activities and Dates

<p>JANUARY</p> <ul style="list-style-type: none"> • 12- QuestTribe I for Lhotse • 25- Freelance Training I 	<p>FEBRUARY</p> <ul style="list-style-type: none"> • 16-QuestTtibe II for Lhotse • 9 & 25- Freelance Training II & III 	<p>MARCH</p> <ul style="list-style-type: none"> • 30-QuestTribe III for Lhotse • 9 & 25- Freelance Training IV & V • 	<p>APRIL</p> <ul style="list-style-type: none"> • 6 & 18- Freelance Training VI & VII • 29 & 30- QuestTrek (Panchase &Helambu) • 25- Field Visit for Aventus Students
<p>MAY</p> <ul style="list-style-type: none"> • 1, 2, 3 & 4- QuestTrek (Panchase &Helambu) • 7 to 12- QuestTrek Panchase • 16 to 21- QuestTrek Panchase • 28- Team Building 	<p>JUNE</p> <ul style="list-style-type: none"> • 7- QuestTribe IV for Lhotse • 26- QuestTribe I for Sagarmatha • 30- QuestTribe I for Machhapuchhre 	<p>JULY</p> <ul style="list-style-type: none"> • 1- QuestTribe II for Machhapuchhre • 27- QuestTribe V for Lhotse • 	<p>AUGUST</p> <ul style="list-style-type: none"> • 3 & 4- Wrap-up old programTraining • 31- QuestTribe VI for Lhotse • 17- QuesTtribe II for Sagarmatha • 22- Freelance Training VIII
<p>SEPTEMBER</p> <ul style="list-style-type: none"> • 28- QuestTribe III for Sagarmatha • 6 & 7- QuestTribe III & IV for Machhapuchhre 	<p>OCTOBER</p> <ul style="list-style-type: none"> • 29 & 30- Core Team building with Marianne 	<p>NOVEMBER</p> <ul style="list-style-type: none"> • 23- Trauma Healing Training • 26 to 30- QuestTrek Helambu 	<p>DECEEMBER</p> <ul style="list-style-type: none"> • 1- QuestTrek HElambu • 7 to 12- QuestTrek Helambu • 10- QuestTribe IV for Sagarmatha